

## Box 2 Case study on policy development and implementation in Qatar

The launch of the Qatar National Vision 2030 in October 2008 and Qatar's National Development Strategy 2011–2016, provided the impetus and momentum for the formulation of Qatar's National Health Strategy 2011–2016. Mental Health Design is one of the 39 projects under the Qatar National Health Strategy. The National Mental Health Committee led the consultation process involving stakeholders from multiple sectors and disciplines. This resulted in the development and launch of the National Mental Health Strategy in December 2013. The process enjoyed support at the highest political level.

The National Mental Health Strategy includes 10 key pledges to deliver an improved comprehensive mental health system in Qatar. These are:

- raise public awareness about mental health and reduce the stigma associated with mental illness;
- make mental health information resources widely available;
- ensure most people can access their treatment in primary care and community settings;
- develop specialist services that meet the differing needs of individuals and groups;
- ensure care is individually tailored and based on treatments that work;
- develop a sustainable, high-quality mental health workforce for Qatar;
- provide a coordinated multisectoral approach to mental health policy development and planning;
- enact a mental health law in Qatar;
- report improvements in patient care using the mental health minimum data set;
- ensure mental health research evidence translates into improvements in clinical practice and patient outcomes.

Implementation milestones have been defined and agreed and aligned with the wider National Health Strategy for Qatar. In order to ensure sustainability, governance and resources identified to support implementation are firmly embedded within the National Health Strategy governance structures overseen by the Minister of Health and the Prime Minister, who is the Chair of the Supreme Council for Health.

### *Lessons learned*

- Political mandate, leadership and commitment to ensure resources are available are vital.
- Strong leadership and support from key stakeholders is important to drive change forward.
- Consultation and communication with all stakeholders is important to actively involve them in making improvements.
- Advance planning is essential.

Additional information can be found on the National Health Strategy website (<http://www.nhsq.info/>).